

TRUE-U

Understanding & Creating Healthy Boundaries

A gentle, guided workbook to help you recognise, understand and develop healthy boundaries in your life.

Boundaries help us feel safe, respected and balanced in our relationships. This workbook will guide you to explore your current boundaries and support you in creating ones that feel right for you.

1. Reflecting on Your Current Boundaries

Think about your relationships (personal, work, family). Where do you feel comfortable and where do you feel discomfort or pressure?

2. Recognising Signs

When boundaries are not respected, how do you feel? (e.g. overwhelmed, resentful, anxious, drained)

3. Understanding Your Needs

What do you need in order to feel safe, respected and valued in your relationships?

4. Identifying Difficulties

What makes it difficult to set or maintain boundaries? (e.g. fear of conflict, guilt, fear of rejection)

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5. Exploring Your Beliefs

What beliefs do you hold about saying no or putting your needs first? Where might these beliefs come from?

6. Defining Your Boundaries

What boundaries would you like to put in place? (emotional, physical, time, communication)

7. Communicating Boundaries

How could you express your boundaries clearly and calmly? What words might you use?

8. Managing Reactions

How might others respond? How can you support yourself if someone reacts negatively?

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9. Strengthening Your Confidence

What would help you feel more confident in maintaining your boundaries?

10. Moving Forward

What is one small step you can take to begin setting or strengthening a boundary?
